

Hot Spoon Bathing

Patient Information

Eye Unit

Hot spoon bathing.....

1. Tie a thick pad of lint or a clean folded handkerchief around the bowl of a wooden spoon.
2. Sit near a table on which a bowl of Very Hot water is safely placed.
3. Dip the padded end of the spoon in the water. Remove and allow the surplus water to drain from the pad for a few seconds.
4. Close the eye and slowly bring the pad up towards the eye. Stop when you are close enough to feel the heat from the pad. Do not touch the eye or face with the hot pad.
5. Hold it at the same distance from the eye until it has cooled. Keep repeating the procedure for about 15 minutes 3-4 times a day.

Personal Notes: -

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Mae'r ddogfen hon ar gael yn Gymraeg".**